



## SHORELINE PARKS, RECREATION & CULTURAL SERVICES TRIP AND HIKE PARTICIPANT GUIDE

Thanks for registering for a trip and hike through the Shoreline Parks, Recreation and Cultural Services department. This handout will help you prepare for the trip and give you an idea what to expect. **Please review this handout and if you haven't turned in a 2014 Liability Release Form yet, please fill out the attached form before the trip and bring it with you to give to your trip leader.**

### THINGS TO BRING CHECKLIST

This is a quick checklist to make sure you bring all the items necessary to be safe and have a fun time on your hiking trip. More detail about certain items is below. For trips that do not involve hiking, all these items are not necessary, but many will still keep you comfortable.

#### Necessary Equipment

- ☐ 1 Liter of water
- ☐ Comfortable hiking boots / sneakers with good traction
- ☐ Backpack to carry items
- ☐ Layers of clothing (see "What to Wear" for details)
- ☐ Extra pair of socks
- ☐ Sack lunch and money for food (Recreation guide description will say which to bring)

#### Recommended Equipment

- ☐ Hat & gloves
- ☐ Sunblock
- ☐ Sunglasses
- ☐ Bug repellent
- ☐ Additional snacks
- ☐ Walking poles for stability (if needed)
- ☐ Toilet paper or tissues (we'll stop where there are bathrooms, but it's good to be prepared just in case)
- ☐ Extra dry clothes to change into after trip

### THINGS YOU SHOULD KNOW

- The Spartan Recreation Center likely will not be open when you arrive for your trip. We will meet in the parking lot in front of Spartan.
- Please arrive early. The sooner we have all the pre-trip details taken care of and the vehicle loaded the sooner we can get on the road and have fun!
- Most trips go as scheduled, but sometimes conditions force us to make changes. Be sure when registering you give reliable phone numbers, so we can alert you of any changes ahead of time. Trips are rarely, if ever, cancelled for weather but sometime there are changes to times or certain parts of the trip.
- Trips have a rating scale so that you can decide whether the trip is suitable for your fitness level. If your level of conditioning is inadequate for the trip or if you do not bring the necessary equipment, you will not have any fun and it could be unsafe for you and the group. If this is the case, the trip leader may decide you cannot participate in the trip.
- Our trip leaders will have navigation materials, safety equipment and first aid kits, but it's good to know equipment that should also be considered for hikes and nature trips. These include: Map of the area, whistle, flashlight with extra batteries, compass, extra food, fire starters (matches, candles), extra clothing, pocket knife and a first aid kit.

## CLOTHING AND FOOTWEAR DETAILS

### Footwear

Comfortable walking shoes or boots are necessary for hikes. Hiking boots with good gripping soles will provide the best traction in all trail conditions. A lightweight-hiking boot is the best choice. Tennis shoes may be OK for short hikes on well-maintained trails, but they can be marginal for hiking on trails that are rugged or sloppy. Shoes should fit well with plenty of room for 2 layers of socks. Next to shoes, socks can be your most important piece of gear. Choose socks that are made of a breathable material. Again, you want your feet to stay dry, so cotton isn't usually the best choice. High-performance socks, including wool, can help with comfort, breathability and blister prevention. Steer away from thin socks, which might not provide enough cushioning. A thick sock might be better—just make sure it's not so thick that your shoe fits too tightly.

### Walking Poles

For additional stability on uneven ground or for longer distances, consider using walking poles.

### Dress in Layers

Weather conditions can change at any time. Layering is great because it keeps your body temperature comfortable. It allows you to add layers (to stay warm as needed) and remove layers (to cool off) at any time. In general, these three layers will keep you comfortable in most conditions:

1. A **base layer** should be light and breathable. Choose a high performance fabric that will draw sweat away from the skin so it can evaporate and cool you without making you feel wet. Stay away from cottons, as they retain moisture (sweat), which can keep you cold in the winter and hot in the summer. A good cold-weather material is polypropylene; in warm weather, fabrics that “wick” away moisture are best.
2. An **insulating layer** goes on top of your base layer. It adds warmth and provides temperature control. This layer should be easy to remove in case you get too warm.
3. A protective **outer layer** goes on top of your insulating layer to protect you from elements like wind, rain, and snow. Choose waterproof fabrics that are made of breathable materials (so your sweat can evaporate).

### Other Necessary Items

A ventilated and/or brimmed hat can protect your head from the sun during the summer. A winter hat will help regulate your body temperature, since one quarter of your body heat escapes through your head. Gloves also help regulate your body temperature. And lastly, be sure to protect your skin (and eyes) from damaging rays. If you'll be outside longer than 15 minutes, you should wear sunscreen, even in the winter. Sunglasses offer excellent protection even if it's not sunny out.

## REFUNDS OR CANCELLATIONS

Trips can be cancelled due to low enrollment but are rarely cancelled due to weather. If a trip is cancelled you will receive a full refund. If you need to cancel, please call the Spartan Recreation Center at least 48 hours in advance of trip during business hours Mon-Thur 8am – 9pm, Fri 8am-5pm, Sat 8am-4pm. You will receive a full refund minus a \$5 processing fee. Refunds will not be given after the trip has taken place.

## QUESTIONS

If you have any questions or concerns regarding the trip, we encourage you to call the Spartan Recreation Center at **206-801-2600**. Office hours are Mon-Thur 8am – 9pm, Fri 8am-5pm, Sat 8am-4pm.

**IF YOU HAVEN'T TURNED IN A 2014 LIABILITY RELEASE FORM, PLEASE FILL OUT FORM ON THE NEXT PAGE AND GIVE IT TO THE TRIP LEADER.**



## 2014 Liability Waiver Form

This form covers all recreation programs and community events offered by the Shoreline Parks, Recreation and Cultural Services Department for the year 2014. Please read and fill out this form completely and legibly. This information will be used in the event of an emergency. Once finished, please return to our office promptly.

**Section One: Please provide information for ALL participants in your family.**

Last Name	First Name	Gender (optional)	Date of Birth	Medical/Allergy Alerts
<b>ADULTS/PARENTS/GUARDIANS</b>				
<b>Main Contact</b>		M / F		
1.		M / F		
2.		M / F		
<b>CHILDREN/DEPENDENTS</b>				
1.		M / F		
2.		M / F		
3.		M / F		
4.		M / F		
5.		M / F		
<b>Address:</b>				
<b>City/State/Zip:</b>				
<b>Email Address:</b>				

**Section Two: What is the best way to reach YOU or other Adults in your home?**

Name	Cell Phone	Home Phone	Work Phone
<b>Main Contact</b>			
1.			
2.			

**Section Three: Please provide two Emergency Contacts NOT listed above:**

Emergency Contact Name	Relationship	Cell Phone	Home Phone
1.			
2.			

I am 18 years of age or order, fully competent and am the parent or legal guardian of the minor children shown on this Liability Waiver Form. It is important to me that I and/or my child(ren) be allowed to participate in recreation programs and community events offered by the Shoreline Parks, Recreation, and Cultural Services Department. I understand that these programs and events include, but are not limited to, dance, sports, fitness, aquatics, and other special interests classes, and I understand there are special dangers and risks inherent in these programs and events including, but not limited to, the risk of serious physical injury, death, or other harmful consequences which may arise directly or indirectly from my participation and/or the child's participation in the activity. **HAVING READ THIS WAIVER AND BEING FULLY INFORMED OF THESE RISKS** and in consideration of me and/or my child(ren) being allowed to participate in the activity and/or use the City facilities, I assume all risk of injury, damage, and harm to myself or my child(ren) which may arise from my participation or my child's participation in the activities or use of City facilities. I further agree to release and hold harmless the City of Shoreline, its officials, employees, and agents, and agree to waive any right of recovery that I or my heirs and successors may personally have in the future to bring a claim or lawsuit for damages against the City of Shoreline, its officials, employees, and agents for any personal injury, death, or harmful consequences occurring to me or my child(ren) arising out of my participation or the child's/children's participation in the activity.

*I understand that if I DO NOT wish to have photographs and/or videotapes of me or my child/children/ward to be utilized for promotional purposes, I must call (206)-801-2600 prior to the first day of the program and/or event.*

**Main Contact/1 Signature:**

**Date:**

**Adult 2 Signature:**

**Date:**

Please return to:

PRCS – Spartan Recreation Center  
202 NE 185<sup>th</sup> St Shoreline, WA 98155

Phone: 206.801.2600 Email: pks@shorelinewa.gov

I do NOT want to receive the Parks & Rec eNewsletter ☐